PERSONAL MENTION

Following the opening performance Tuesday evening of "Ah! Wilderness," to be presented by the Victoria College Players' Club in the college auditorium every night until Saturday, a reception will be held by the faculty, players' club and student's council in the new student Union room. Invited to the affair are His Honor Judge J. B. Clearihue, chairman of Victoria College Council and Mrs. Clearihue; Hon. L. R. Peterson and Mrs. Peterson, Hon. W. N. Chant and Mrs. Chant, Dr. and Mrs. W. H. Hickman, Mrs. F. B. F. Nicholson, director of the players' club and Mr. Nicholson, Dr. and Mrs. J. F. K. English, Mr. and Mrs. T. G. Bunch, Rear-Admiral H. S. Rayner, Flag Officer, Pacific Coast, and Mrs. Rayner, Mr. and Mrs. R. J. Bishop, Mr. and Mrs. D. A. Smith, Dr. and Mrs. N. A. M. MacKenzie, Dean and Mrs. S. N. F. Chant, Dean and Mrs. N. V. Scarfe, Mr. and Mrs. John Gough, Mr. and Mrs. Lloyd G. McKenzie, Mr. and Mrs. W. H. Golby, Mr. and Mrs. Willard E. Ireland, Dr. and Mrs. J. F. Walker, members advisory board of Victoria College Foundation; parents of cast members and friends of the college.

* * *

Returned to Edmonton

Mrs. W. N. Lishman, Sooke Harbor, had as a guest her son, Mr. William G. Lishman, RAF, who has since returned to Edmonton.

* * *

Symphony Reception

The Women's Committee of the Victoria Symphony Society will hold a reception following Monday's Symphony Pops Concert at the home of Mr. and Mrs. E. E. Pearlman, 3275 Uplands Road. The reception will honor guest pianist, Mr. Alan Blumenthal and his wife and guest conductor, Mr. Clifford Evens and Mrs. Evens, Vancouver.

Guests will be received by Mr. and Mrs. Jack Barraclough, Mr. and Mrs. Arthur Laundy and Mr. and Mrs. Pearlman. Mrs. J. F. K. English and Mrs. T. A. Harvey will preside at the tea table and Mrs. D. Abbott, Mrs. C. S. Bell, Mrs. K. S. Crabtree and Mrs. J. McIntosh will serve.

* * *

Valentine Bridge

A delightful Valentine Bridge party was held by the Engineers' Wives' Association at the home of Mrs. Garth Griffiths, 3075 Southdowne Road, with some 40 members present. Refreshments were served by Mrs. R. A. Upward, Mrs. J. W. Warr, Mrs. N. A. Magrath and Mrs. J. B. Hedley.

* * *

Wedding Anniversary

Mr. and Mrs. Finn Walters celebrated their 21st wedding anniversary last evening at the Crystal Garden. Prior to the dance Mr. and Mrs. Milton Sharpe entertained at their Fair Street home for the couple at a cocktail party. Guests included Miss Greta Walters, Mr. Joe Broda, Miss Lila Walters, Mr. Bill Ormond and Mr. and Mrs. Conrad Gudmundesth.

* * *

Beta Sigma Phi

Xi Xi Chapter of Beta Sigma Phi Sorority entertained recently at a Chinese dinner party. Chinese place cards and miniature fans marked the places at the full course dinner.

The president, Miss Darlaine Woodburn, welcomed guests who included member adviser Mrs. L. P. Jones; president Mrs. H. R. Bridger, Mrs. A. M. Bonnell, Mrs. D. E. Campbell, Mrs. W. Coles, Mrs. M. Cummings, Mrs. I. Fowler, Mrs. N. Hutchinson, Mrs. S. Innes, Mrs. J. C. Murray, Mrs. Y. Oakley and Misses Shelagh Fagan, Marilyn Farmer, Christine Franklin, Phyllis French, Lynne Harrison, Joan Lanning, Gay Loblick, and Shirley Merkley.

Following dinner the party continued at the home of Mrs. Dorita Grant, 2933 Foul Bay Road, where dessert and tea were served. The dainty gold dragon Chinese tea set was loaned by Mrs. H. Fong who convened the party dressed in authentic Chinese costume. Tea was poured by President Darlaine Woodburn and Vice-President Mrs. D. Smith. The Chinese motif prevailed throughout the evening and dessert included Chinese candy, egg rolls, lichee nuts, Fortune cookies, Chinese rosette cookies and Chinese fruit such as loquots, oranges and nuts.

* * *

Clergyman Entertained

The Rev. and Mrs. G. R. Easter entertained for Dr. and Mrs. J. Gordon Jones, pastor of First Baptist church, Vancouver, when Dr. Jones was the guest preacher at the first of the Lenten services being held under the auspices of the Greater Victoria Ministerial Association. Guests were, Rev. and Mrs. A. L. Higgins, Dr. and Mrs. F. E. H. James, Dr. and Mrs. J. L. W. McLean, and the Baptist ministers of Victoria, Rev. and Mrs. A. C. Hamill, Rev. and Mrs. C. Barner, Pastor and Mrs. H. Cassells, and Rev. H. Pike. Mrs. J. Hunter of Montreal, a friend of Dr. and Mrs. Jones, and a visitor to Victoria assisted the hostess.

* * *

Eighth Birthday

Master Ross Bayles of Wentwich Road, Langford, entertained friends recently at his eighth birthday party. Games were enjoyed and a buffet supper was served. Among the guests were Kenneth Lequesne, Bobby Hall, Bruce Milne, Jimmy and David Smith and Murray and Allan Bayles.

* * *

Replica of Cake

A pink and white replica of a wedding cake held the miscellaneous shower gifts of bride-elect Noreen Ritchie at a party given for her by her grandmother, Mrs. A. Frampton and aunt Mrs. B. E. Currey at the Tulip Avenue home of Mrs. Currey. Among the guests were Mrs. W. Ritchie, Mrs. W. F. Large, Mrs. L. G. Large, Mrs. P. J. Frampton, Mrs. G. Lawrence, Mrs. A. Pickering, Mrs. F. Clark, Mrs. G. Freeman, Mrs. W. Shearing, Mrs. A. Beck, Mrs. J. E. Currey, Mrs. M. Harkman, Mrs. A. Davis, Mrs. M. Kerieff and the Misses Beth Thomson, Doris Lawson, Lorraine Frampton and Norah Lawrence.

* * *

Bride-Elect Honored

A group of friends and business associates met to honor Miss Lorna Mabey, a bride-elect of early March, at a no-hostess miscellaneous bridal shower at the home of Miss Elma Innes, 443 Kipling Street recently. Upon arrival, Miss Mabey was presented with a corsage of red roses and received many beautiful gifts concealed in a decorated umbrella. Refreshments were served from a table centred with pink tulips and matching tapers to the guests who included Mrs. M. Mayze, Mrs. C. Courtnall, Mrs. W. Innes, Mrs. N. Molify, Mrs. E. Seath, Mrs. C. Morey, B. Ildstad, Mrs. H. Toljander and the Misses A. Leask, J. Fairbairn, J. Tattam, E. Kobelsky, P. Handspiker, L. Ewers, B. Carter and E. Innes.

* * *

Miscellaneous Shower

A miscellaneous shower was held recently honoring the former Miss Janet Woods now Mrs. R. Ford. The shower was held at the home of Miss Linda Bergstrom on Bank Street. At a lace-covered table centred with a crystal bowl filled with spring flowers and flanked with tall candles Mrs. J. H. Ford, the groom's mother, and Mrs. R. W. Marsh, the bride's grandmother, poured tea and coffee. The gifts were placed in a beautiful large white umbrella with streamers of white ribbon with small red hearts at each tip. Guests included Mrs. E. H. Gandy, Mrs. J. H. Ford, Mrs. R. W. Marsh, Mrs. I. Conyers, Mrs. H. P. Harmsworth, Mrs. R. Laing, Mrs. R. C. Marsh, Mrs. R. J. Clarke, Mrs. V. Tucker, Mrs. M. A. Anderson, Mrs. J. Nevison, Mrs. F. Robinson, Mrs. H. Peters, Mrs. A. Hull, Mrs. L. Woods, Mrs. J. Ledger, Mrs. G. Bergstrom, Mrs. A. Sutherland, Mrs. M. Macphail, Mrs. I. Mawdsley and the Misses Francis Woods, Penny Tucker, Iona Mawdsley, Zenith Mawdsley, Susanne Peters, Carolyn Eaton, Morna Laing, Catherine McLean, Diane Hull, Lucille Hull, Linda Bergstrom, Wendy Dalzell, Doris Mooney, Carl Mark and Lynda Ford.

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Take Care of Your Crowning Glory

How to wear and care for your crowning glory will be shown at the Victoria Hair Styling Council Show sponsored by the Junior League, on Monday night, at the Club Sirocco. Proceeds from the show will go to the Solarium. These three Leaguers, Mrs. Irene Logan, seated; Miss Lorna Surgenor, left, and Mrs. Juanita Garden, are preparing in advance for the 7.30 p.m. affair. On hand will be Mr. Lawrence, stylist from Vancouver, and winners of private contest held today at the Empress Hotel, along with other models. Tickets are available at all beauty parlors.

40,000-Member Union Bossed by City Woman

By Eileen Learoyd

* * *

The president of the Canadian Brotherhood of Railway, Transport and General Workers, Division 276 at the Empress Hotel is — a woman.

She is Mrs. Rhoda Erickson, 125 Government Street and her recent election as head of the union makes her one of only three such "bosses" in Canada to wear skirts.

40,000 MEMBERS

Her union, hereinafter to be referred to as the CBRT & GW, is the largest transport union in the Dominion which can claim to be all-Canadian—some 40,000 members strong.

Mrs. Erickson is headwaitress at the Empress Hotel Coffee Shop.

She first joined the union seven years ago when she started work at the Empress. Soon she was a "grievance member," later financial and recording secretary. Two years ago she was appointed a delegate to the Victoria Labor Council.

Union Boss—Mrs. Rhoda Erickson

A widow, and mother of two boys, Ian and Bruce, both in school, Mrs. Erickson has been particularly interested in "political education of the trade unionists" in her group.

She has been commended for this work by secretary of the Victoria Labor Council, Mr. A. W. Toone.

Asked to comment on her political education work Mrs. Erickson said:

WHICH PARTY

"I am not a party member of any political organization. In the studies we undertake, we are trying to determine which party is most in sympathy with the trade unionists themselves.

"We feel the best party will be the one most interested in the trade union movement."

Mrs. Erickson then went on to say that the Canadian Labor Congress was now engaged in joint studies with the CCF party "to produce a labor party for Canada."

Asked then if the CLC had not already made its choice the CCF party, Mrs. Erickson said, "it looks that way."

"I can't say what the policy will be, but it will be more or less in keeping with trade union policy.

"In our political studies we discuss elections and the power members of the government have on being elected."

The dark-haired union boss is also chairman of the subcommittee of the Victoria Labor Council for programs for the PAC (political action committee).

We asked Mrs. Erickson what she thought of the future of the unions in the next 50 years.

"I think people will come to see the benefits derived; they will see we aren't going to throw the rich into the streets and trample on them."

Asked about leaders such as Beck and Hoffa, Mrs. Erickson dismissed them as Americans. She said she had no fears that labor had ousted the capitalist giant from the castle, only to take over occupancy. She agreed the proposed merger of the CCF and trade unions would produce a powerful party.

TAPPED DRY

She said she did not feel unions had already achieved their ends, nor that sources had been tapped dry.

"There are still many business concerns to be converted to the movement," she said firmly.

Asked about Mr. W. N. Chant's recent statements in the House, Mrs. Erickson said "I don't feel I can comment on that, but it seems to be true that the pen is now mightier than the sword."

Like a boy who was too young to fight in a war, Mrs. Erickson gives the impression she is sorry she wasn't there to answer the bugle call when there was a bugle call to answer.

$142 Slated For Solarium

Beautifully decorated tables, novelty judging, home-cooking and a color scheme of red and white to carry out the Valentine theme, were the highlights of the tea held by the Ladies' Auxiliary No. 12 to the Fraternal Order of Eagles.

Proceeds of $142 from the affair, will go to aid the Queen Alexandra Solarium, a project of the auxiliary.

Hostesses were the president, Mrs. Cora Cleaver, and the general convener, Mrs. Ruby Duplain.

Mrs. C. C. Warren and Miss E. Forbes, novelty judges, awarded prizes for the best-decorated tables to Mrs. Alice Buchan and Mrs. M. Hurst. Novelty table winners were Mrs. Polly Cockburn, Mrs. Primrose Stevens, Mrs. Cary Doll, Mrs. Anne Carlson and Mrs. Duplain.

Tea arrangements were convened by Mrs. Mary Hallam, Mrs. Bernice Hayward and Mrs. Madge Mueller.

In the evening $141 was realized with a Valentine dance, with the proceeds slated for the fund to aid muscular dystrophy.

Mrs. Cora Cleaver was chairman of the comittee and she was assisted by Mrs. Marge Hurst, Mrs. Ruby Duplain and Mrs. Lil Hobday.

Cathedral WA Meets Monday

The afternoon branch of the Christ Church Cathedral WA will hold a business and study meeting on Monday at 2.30 p.m.

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Could this be you?

Are you tired when you wake up in the morning, exhausted by the time you get to work, wondering by noon how you'll ever make it through the day? Is your fatigue of such duration that you're beginning to wonder if you were literally born tired?

How did you get this way? What happened to your zest for living, your drive, your dreams of accomplishment

What happened to you?

Chronic fatigue is not normal. Neither is disease. But your low N.Q., or nutrition quotient, can make them so.

Roland H. Berg, in discussing the socioeconomic factors affecting medical care in the United States, deplored the state of the nation's health. "We have been winning the battle against acute diseases," he said, "but losing the war against chronic killers."

Sudden Death

The mortality rate for the largely preventable chronic diseases continues to mount. We have the scientific knowledge to ward off many of the crippling chronic diseases and the sudden deaths from heart attacks, but we don't use it.

You've heard of hidden hunger.

"Sure," you say, "but I eat three good meals a day, not to mention the coffee breaks. That couldn't apply to me."

Couldn't it? How much do your meals contribute in the way of protein, vitamins, and minerals? Do you know what your body actually needs to withstand the stress and strain of everyday living, to build up tissues, and to avoid nutritional deficiencies?

The costs of high mortality have become too great for insurance companies. Consequently they are preaching health consciousness.

Dr. Tom Spies, of Northwestern University, tells us: "The use of nutrients to replenish the tissues and to prevent disease is the physician's primary problem. He knows that the nutrients must be supplied for the body from the outside. No statistics can determine the loss and no words can describe the waste when physicians do not meet this challenge, head on."

Second Rate

Why should you settle for a second-rate self? Why be only half-alive, low in energy and spirits, losing confidence in yourself and your future? Trade neglect for know-how, and come over to the nutritionally safe side of life.

A famous doctor of the Hollywood stars said recently: "Motion picture stars are the healthiest people in the world. Even the old ones are vigorous, firm and pink-cheeked. They eat the best food—and less of it!—than anyone else."

They also take vitamin-and-mineral supplements.

"The amount of food eaten has nothing to do with good nutrition," accordnig to one of America's leading weekly magazines, which presented a symposium of qualified professional views on health. The symposium put significant emphasis on nutrition. "It is the kinds of food that matter. Nutritional deficiencies . . . are apt to increase with aging and are a primary source of the afflictions of old age.

Broken Bones

"For instance, the bones of elderly people are easily broken. This is due mostly to gradual demineralization of the bones, especially loss of calcium. . . . Once the demineralization has started, there is little or no help for it. But it can be prevented by deliberately increasing the intake of foods rich in calcium and minerals during middle age, when the process begins."

Robert Cummings, the motion picture and television star, shares with us his formula for youth, energy and vitality. Mr. Cummings, at almost 50, is young, handsome and vigorous. He says: "Usually, by the time an actor learns his trade, he's so old and beaten-up that he doesn't look well. So I take good care of myself."

Among other things, including exercise, concentrated vitamin-and-mineral supplements, and a high-protein diet —"We're all creatures of protein," he says—Mr. Cummings takes soybean lecithin three times a day.

Robert Cummings enjoys his life, his work, and his accomplishments, which are many and varied. His excellent care of himself has paid off in the good health which makes all this possible.

Simple Rules

I've told you the facts, the rest is up to you.

Will you trade neglect for knowhow, and lengthen your life instead of shortening it? Is it so hard to do the following simple things—when the only life you have is in the balance?

1. High-protein foods. Eat with a purpose. Don't junk up your machinery with starches, sugars and fats. A good rule to follow: First eat all the foods you need. Then, if you still have the capacity for something else, have it. Chances are you won't want it.

2. Vitamins and minerals. The realistic fact is that our foods just do not supply all the vitamins and minerals that we should have. For that reason, in addition to good eating, use a concentrated source of all the vitamins and minerals.

I have found for my own use the formula called Nutri-Time to be an ideal vitamin-mineral food supplement.

3. Lecithin, the miracle food. For your health's sake—and for your sake as a man—please include at least three teaspoonfuls of lecithin granules in your program daily.

Don't wait until your body is completely deprived of its reserve. Start today to be the person you want to be . . . the person you can be.

Realize your latent potencies. Utilize the talents that have been buried beneath inertia. Race through life instead of limping . . . stride toward success instead of stumbling along half-alive. Stay at your mental and physical best, always, charged with enthusiasm and the capacity for living joyously and abundantly!

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